

# The Seven Habits of Highly Effective Teenagers Lesson Plan

## Be Proactive – Lesson Plan

Here is the lesson plan for Habit 1's advisory activity. Please read over the lesson plan ahead of time.

### Introduction:

"This is the beginning of another school year. As we go throughout this year, you will have a lot of choices you can make. The choices you make can be reactive or proactive. A proactive decision can have a different consequence than a reactive decision. Does anyone know the difference between proactive and reactive?"

**Proactive** – Causing something to happen. **Reactive** – responding to something happening. An example of the difference could include **Proactive** – You read your literature book each day to keep up with your reading. **Reactive** – You stay up all night reading your literature book the night before the test. Proactive decisions cause less stress, are well planned out, and help you to be successful. Reactive decisions cause stress, are last minute thoughts, and can cause you to fail. This year we want you to be successful, set goals, plan ahead, and most importantly – Be Proactive. "

**Demonstration** – Teacher shakes water bottle and coke can. Teacher explains to students, the shaking is the problems we face in life. The water bottle represents a proactive person. If you open it up, it is fine. The coke can represents a reactive person. If you open it up, it will spew everywhere. Proactive decisions will always cause less stress and help you to set yourself up for success.

### Activity 1:

Teacher has two sets of cards each with a reactive and proactive statement that match up. One set is for the student activity, the other set is for the teacher answer sheet. **Before the lesson, the teacher should cut them into cards.** Allow each student to pull one card out of the pile. Once each student has a card, allow them to get up and find their match by walking around the room and reading each other's card. Once all students are matched up, let them read their proactive and reactive statement out loud to the class.

### Activity 2:

Students should still be in pairs from the last activity. In pairs, allow students to make up their own proactive and reactive statements. Collect the cards, mix them, and allow students to draw from the pile. Let them find their matching partner. Have pairs read their cards aloud to the class.

### Conclusion:

"A proactive and reactive decision can have two completely different outcomes. It is important that you plan ahead, set goals, and make a plan to be successful. Often last minute decisions cause stress that is unnecessary. As we conclude our advisory activity. I want us as a group to come up with three areas that students should plan ahead for this year, and decided a few proactive strategies to deal with those areas. (Teacher should write areas and strategies on board.)"

Example: **Test** – Study Ahead, Do all homework, Listen in class each day; **Winning season of Basketball** – Practice every day, Work with your teammates, Listen to your coach.